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President's Message

Welcome to the Dog Days of summer

So, how did that phrase originate? Seems that it goes back to ancient Rome and refers to the hot sultry days of August (think Augustus Caesar) and the reference to Sirius, the Dog Star, which was prominent in the summer sky at that time.

Anyway, we are having our own version of the dog days locally; hopefully you are all staying cool as well as getting in some fishing.

Recently fished the Crooked River a couple of times. Had some success both nymphing and on the surface. What is positive about the river is that stable flows are continuing. Trout counts are beginning to return to historic numbers and hopefully this trend will continue.

The Annual Club Barbeque is Tuesday, August 21st at Aspen Hall at Shevlin Park. This event is in lieu of our August General Meeting. The club sponsors the entree and asks for attendees to bring a side dish, no chips please, and bring your own adult beverage. The event begins at 6:00pm. If you would like to volunteer to help set-up, cook, clean-up ETC. please contact Herb Blank. hblank@yahoo.com

Enjoy the summer in Central Oregon!

- Allen

"Fly fishermen are born honest, but they get over it." — Ed Zern



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ANNUAL BARBECUE 21ST AUGUST

6:00PM

The Annual August Barbecue is Tuesday August 21st, and replaces the August general meeting. Bring the family and spend the evening with old friends and new at Aspen Hall in Shevlin Park. The kids might want to do some fishing in the pond or bring a rod and practice your casting skills. Enjoy a warm summer evening and share some fish stories. In addition to our usual monthly raffle there will be a special raffle for new members. This is a great opportunity to meet each other in a social setting so we really hope that new members will attend. The Next Cast kids will be there as well.

WHAT TO BRING

Showcase your cooking skills! Bring a dish to share (side dish, dessert, salad or appetizer, NO chips), plus adult beverages, in moderation. The club will supply eating utensils, soft drinks, our famous tri-tip, burgers, chips and condiments.

WHERE

Aspen Hall is in Shevlin Park. From downtown drive west on Newport through all the traffic circles, Newport turns into Shevlin at Mt. Washington. Keep going another mile and a half, down the hill and cross Tumalo Creek at Shevlin Park. Aspen Hall is on the right, look for parking either on the Aspen Hall side or opposite.

TO VOLUNTEER PLEASE CONTACT
HERB BLANK AT HBLANK@YAHOO.COM



NEXT CAST FLYFISHERS

This month is the annual COF BBQ at Aspen Hall/Shevlin Pond. All COF and Next Cast Flyfishers and your families are invited to attend. See the article in this newsletter to RSVP and arrange to bring a side dish or dessert to share with others. COF provides the meat (usually tri-tip and burgers), along with all the plates, cups, and cutlery.

It is a fun night to connect with other fly fishers. There are usually a couple of raffle items and opportunities to go home with some fly fishing equipment. For those 17 and under, you are welcome to fish in the pond before and after the BBQ—remember to bring your fishing license. There are usually plenty of mentors to help you out if needed!

UPCOMING ACTIVITIES:

CANCELED – Monthly Next Cast Flyfishers meet-up. There will be meet-up in August. Also, there is no COF regular monthly meeting.

The Next Cast Flyfishers program provides opportunities and coordinates activities for young fly anglers in the area. We offer fly fishing instruction through classes and activities, fly fishing summer camps, ongoing COF events, and individually through mentorship and teaching. Providing these opportunities, young anglers will be exposed to fly fishing and increase their interest and level of involvement.

Please contact me directly if you have questions.

- KAREN KREFT, 503-409-0148
NEXTCAST@COFLYFISHERS.ORG

CONSERVATION

Metolius River – Record Redd Counts!

The Nugget Newspaper – Sisters, Or. Reporter – Jim Yuskavitch vol. XLI No. 26

The Metolius River is experiencing a record number of redband trout redds, according to surveys conducted on the Metolius River by fisheries biologists. And this is a good indication that the trout population is healthy and strong. According to Brett Hodgson, Oregon Department of Fish and Wildlife district fisheries biologists in Bend, it is probably the result of projects designed to improve fish habitat and the discontinuing of the fish stocking programs on the river.

The state ended the stocking programs on the Metolius River in 1996 to improve the wild populations of redband trout. Biologists felt that ending the fish stocking programs would result in wild redband trout not having to compete for food – aquatic insects and habitat for survival, with the hatchery trout, and it appears these efforts are working to accomplish this. The surveys also indicate that the primary spawning areas for redband trout are from the mouth of Spring Creek to the head-waters of the Metolius River, and in Lake Creek and Abbot Creek.

There were many habitat improvement projects upstream of bridge 99 that occurred in the late 1980s; however the major habitat project took place in 2010, when the USFS placed about 900 trees in the river. Nate Datchler – assistant fisheries biologists for the Deschutes National Forest Ranger District stated that those trees placed in the

river, offer a number of benefits for the trout. Including shade, places to hide from predators, and as the trees decompose they create food for aquatic insects which in turn are food for trout. Brett Hodgson, cautions that the increase in redds is not necessarily an indication that the numbers of redband trout population are increasing, since red numbers have fluctuated over the past years. However it is an indication that the redband trout populations are currently very healthy and thriving.

The surveys conducted on the river were performed with the cooperation of several stakeholders and volunteers. Many of the volunteers were from the Central Oregon Fly Fishers club. So thank you! To all of you that volunteered with this project great job keep up the conservation work. There are several volunteer opportunities with Oregon Department of Fish and Wildlife (ODFW) please visit the volunteer tab on the ODFW website often (<https://www.dfw.state.or.us/>) – to see what you could do to help conservation efforts with ODFW here in Central Oregon.

- WARREN D. SNYDER
WD.SNYDER@YAHOO.COM



WILD WOMEN OF THE WATER

What do our ladies do in the hot weather? Float in a lake in a tube or SUP, dragging a fishing line or maybe just get together for a few beers and snacks!! Join us!!!!

- KARI SCHOESSLER
SCHOESSLER.KARIVAN@GMAIL.COM

OTHER NEWS

Kokanee Karnival 2018 Fall Streamside Program First Call for Volunteers

Kokanee Karnival will hold our Fall Streamside program on September 24 through 28, 2018. We will hold the Fall Streamside on Monday, Tuesday, Thursday and Friday. There will be no classes on Wednesday September 26. While the dates in September seem like a long way in the future, we need to start asking for volunteers to commit to help us. If you can volunteer please let us know. It helps us develop our volunteer schedule. Kokanee Karnival provides lunch for the volunteers.

There are 12 classes in the Comprehensive program this year comprised of 5th grade classes from the Bend LaPine and Redmond School Districts. Four classes will attend at Spring Creek and 10 will attend at Sheep Bridge or Browns Creek. We use Browns Creek if Wickiup water level makes Sheep Bridge unusable, and these 10 classes will also attend a program at the Fall River Hatchery.

Two classes a day will attend Sheep Bridge/Browns Creek over the four days of the Fall Streamside.



One class will attend Sheep Bridge/Browns Creek in the morning and the other class will be at the Fall River hatchery. After lunch the classes switch. We have three stations at Sheep Bridge/Browns Creek. The class is divided into three groups that rotate through the three stations. The students learn about the river habitat at the Comforts of Home station, entomology at the Natures Restaurant station and the Kokanee life cycle at the Incredible Journey station. We need a minimum of eight (8) volunteers each day at Sheep Bridge/Browns Creek to provide a leader and helper at each station, time keeper and rover to help out where needed.

Four classes attend Spring Creek, a tributary of the Metolius River near Camp Sherman. Each day a class is divided into 4 groups with about 6 to 8 students in a group. An instructor spends the day with one group. The students put on waders that we supply and get into the creek where they learn about the stream habitat including testing water quality, collect and identify macroinvertebrates as a part of the entomology study, learn about the Kokanee life cycle and observe spawning Kokanee, and learn about watersheds. We need a minimum of four (4) volunteer instructors with site experience each day at Spring Creek. New volunteers are appreciated to learn the program. We lost 3 instructors since last fall and need to get some new instructors. Teachers and parents put on waders serve as assistants. Spring Creek is a lot of fun for volunteers because they get to work with the students and get to know them. There is a video on our website Kokaneekarnival.org if you would like to see the Streamside program.

Go to the “About” dropdown menu and to the topic “Students look at Fish Habitat.

New volunteers are welcome and will be teamed with a volunteer with experience at the streamside sites. New volunteers are not on their own. The programs we teach the students are not complicated and easy to learn. We also have outlines of the Fall Streamside and what we teach at each Sheep Bridge/Browns Creek station and at Spring Creek on our website KokaneeKarnival.org under the “Volunteers” drop down menu.

To volunteer contact Frank Turek or Jen Luke.

- FRANK TUREK
WALD01FT@MSN.COM, 541-318-7507

JEN LUKE
JENNIFER.A.LUKE@STATE.OR.US, 541-388-6366

Grants, Projects and Spending

The Club’s coffers are in a very good place, thanks to several year’s now of really terrific Banquet/Auctions results. Over the past several years, as the club’s funds have accumulated, the Board has had many conversations about how we might appropriately invest our resources in worthy causes and activities. Recently, the board has chosen to fund OSU-Cascade Natural Sciences Program, an OSU internship, Casting for Recovery, Fly-tying nights for free, to name a few.

But we want and need to do more! So, the Board has undertaken an initiative to focus on fulfilment of our Club’s fundraising mission and efforts. We have designated the September and March

board meetings for the robust consideration and discussion of projects for funding.

And we want input from you, the members. Please share with us your ideas and suggestions; email to president@coflyfishers.org, and treasurer@coflyfishers.org.

- RENEE SCHINDELE

Volunteer for Stream Sampling

SATURDAY, AUGUST 25TH
CREEKSIDE PARK, SISTERS,
8:30 AM TO 4:00 PM

Sampling benthic macroinvertebrates, the aquatic life form of insects including mayflies and stoneflies, provides Upper Deschutes Watershed Council and restoration partners with important information about the health of Whychus Creek and the stream conditions achieved through restoration projects.

Volunteers meet at Creekside Park in Sisters for a sampling protocol training, then, in teams of three or four, collect macroinvertebrate samples from sites along Whychus.

This event is a great opportunity to learn about stream restoration and reintroduction of steelhead and salmon on Whychus Creek, see less-visited reaches of the creek, and contribute to knowledge about how restoration actions are changing stream conditions.

Contact Lauren to sign up or for more information.

- LAUREN MORK
LMORK@RESTORETHEDESCHUTES.ORG



THE IMPROVED F FLY

It is a fly designed by Marjan Fratnik, a Slovenian fishermen and fly tyer in the 1980s. One of my clients asked me to tie these for him and I hadn't heard of this fly before. I did a quick internet search and found a Youtube video by Hans Weilenmann. Hans "improved" the original fly by changing the tying technique. The result is an easier to tie fly that floats better. It ended up a very easy fly to tie because it consists of only a dubbed body and CDC for the wing.

The Improved F Fly can be used to imitate many insects, including caddis, small stoneflies, mayflies, and midges. In fact, tying a size 20 using black dubbing and CDC to imitate a small caddis is actually easy to tie.

As with all CDC flies I fish, don't use a paste to help float the fly. Doing so will collapse the barbules together and the fly will not float. I use Frogs Fanny, a dry desiccant which removes moisture.

Enjoy...go fish!

Materials:

Hook: Daiichi 1100 or 1110, #12 – 22

Thread: 8/0 brown, tan, yellow (PMD), olive dun, march brown or black

Body: Dubbing to match insect

Wing: CDC

Tying Instructions:

1. Begin thread on hook and continue to the barb.
2. Add a small touch of dubbing & wind forward to create a body. Be sure to leave some room for the head.
3. Select 1 or 2 CDC feathers, depending upon the hook size, and hold forward over hook eye. Make sure the natural feather curve points up because the feather will create a natural looking wing when finished. After securing CDC at the hook eye, fold feather back over body. The wing should be longer than the body. Experiment with how much CDC should extend forward to create the proper proportion when folded back. **DO NOT TRIM CDC TO LENGTH.** Trim butt of CDC leaving a small tag. This tag will help keep the wing up and not collapse over the body.
4. Use 2 or 3 thread wraps an eye length back from the eye to create a head.
5. Whip finish and trim thread.

[Click here to watch The Youtube video](#)

- JOHN
JCKREFT@GMAIL.COM

CENTRAL OREGON FLYFISHERS LOGO APPAREL

You can now order clothing and hats of your choice and color with the Central Oregon Flyfishers logo or Wild Women of the Water logo from Our Personal Touch, a company located in Redmond. This is the company which did our current logo ball caps. The logos can be embroidered but only in one size, or they can be screen printed in a variety of sizes. You place the order yourself by going to the website address provided below, select the item(s), including size and color, which logo you want (embroidered or printed and logo size), and send the request to the company. You will hear back from the company with the price. We currently have three samples of t-shirts with the COF logo embroidered or printed. These will be available to view at club meetings.

1. To see the catalog, go to: <https://optembroidery.com/client-portal/>
2. Scroll down to the box which contains **COFLYFISH**
3. Enter the password **sockeye4me123!** and click the Download Now! button.

The first page that opens should be the different garment, hat and accessory choices. Pick one and click the item. The next page will be the choice of garment material, mens or womens or youth. Pick one and click the item. The next page lists the garment manufacturers and more choices. Pick one and click the item. The next page should be the color choices. Click the button on the right of the color boxes that reads "Add to inquiries." The next page will be where you find the color you want and mark the size. Put the

number of items in the size box, so, for example, if you're only ordering one t-shirt, you put "1" in the box. Click the Update Cart button. The next page should be View Inquiry Cart showing the item you ordered, the size, color and quantity. If the information is accurate, click Submit Inquiry. Fill in the form. In the Imprint Information box, specify the logo you want, embroidered or printed, its size and the location of it. In the Additional/Special Information box, specify if you want the item shipped to you or whether you or someone else will pick it up at the shop. Click Send. Our Personal Touch will contact you with the price and any questions about your order.

If you want items shipped to you, you will need to pay a shipping and handling charge, which could be \$10 or more. You can also pick the items up at the shop with no shipping fee charged, or you can request that I pick up the item for you and bring it to you at the next meeting.

There are many possible choices of clothes to choose from and the catalog does not list the prices for many of the items. Some sample prices for items that will probably be the most popular, such as t-shirts, hoodies and fleece jackets, are:

- Port & Company 100% cotton Essential Tee PC61– one logo embroidered or printed –



\$16.00. One logo front, one logo on back – \$20.00

- Port & Company hooded sweatshirt – one logo front or back – \$40.00
- Port & Company zippered hooded sweatshirt – one logo front or back – \$45.00
- Port Authority fleece jacket F217 – fleece can only be embroidered – \$42.98
- 2XL sizes are \$2 extra, 3XL sizes are \$4 extra.

The cost to add the logo:
Embroidered \$15 (one size only)
Printed: \$10 (specify logo size)
Printed (front and back): \$15 (specify logo size)

Look for a menu item/link for ordering logo apparel in the Members Area on the COF website.

Contact me, Tim Schindele, if you need help ordering.

- TIM SCHINDELE
TJSFISHES@BENDBROADBAND.COM,
541-526-1490

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MEMBERSHIP

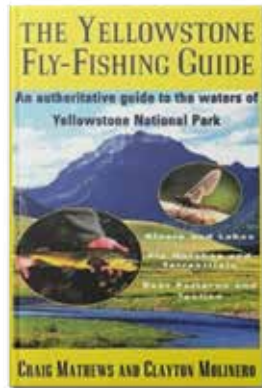


Please reach out to our new folks at our next meeting.

Nancy Jesuale – Bend
Elmer (Doc) Ceder – Fairfield, CA

Questions? Contact Sue Coyle.
- SUE COYLE
MEMBERSHIP@COFLYFISHERS.ORG

LIBRARY



THE YELLOWSTONE FLY-FISHING GUIDE
BY CRAIG MATHEWS AND CLAYTON MOLINERO

If you still have a spot open on your vacation calendar, think about taking a trip to the world's first national park, Yellowstone Park. Fishing has been a popular recreation activity for visitors there for more than 100 years; many go there just to fish. <https://www.yellowstone.org/yellowstone-fly-fishing-tips/> Mathews and Molinero have provided this fine little guide-book to the best fishing in the park.

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They discuss aquatic and terrestrial insect emergences and activity periods, fly patterns to imitate these insects, and effective fishing techniques. Included are specific locations, access points, and trailheads, distances, and terrain descriptions. This is required reading for any Yellowstone Park fly fisher. ~ If you are a club member and would like to peruse the library and/or check out one of our books, look for the rolling bookcase at the club's general meeting. The librarian arrives at the meeting early to give members extra time to look for books before the meeting starts. Sign in on our website <https://coflyfishers.wildapricot.org>, click on Members Area and select Library to see a list of our books. If you have any questions, comments, or new book suggestions, email the club librarian.

- HELEN GUERRERO-RANDALL
LIBRARY@COFLYFISHERS.ORG

COF CLASSIFIEDS

FOR SALE: The following items for sale are from the estate of COF member Art McEldowney. Art was active in COF and Kokanee Karnival for many years.

Please contact Jane McEldowney, Art's Wife, at 541-385-6789.

SMOKER CRAFT BOAT, \$5,330, 1990, 16.2 feet includes 2014 EZ Loader trailer; Johnson 48HP motor; Johnson 6 HP motor and fabric cover. Cuddy Cab with 4 seats and bench front seats. Craft was stored inside and is in great shape.

CAROLINA PERCEPTION KAYAK, \$500, 14 foot, includes paddle

WILDERNESS PONTOON BOAT, \$500, includes oars & electric trolling motor

THREE WADERS, each are size 13, Calf style (\$25); Hip Style (\$35); and Chest style (\$50)
Chest waders are Neoprene...or Buy all three for (\$75)!!!

MEMBERS: Got a fishing related item to sell? Ads are free and run for one newsletter. If the item is not sold the ad can be resubmitted.

- CLASSIFIEDS@COFLYFISHERS.ORG

AUGUST 2018 UPSTREAM EVENTS

DATE	TIME	ACTIVITY	LOCATION	CONTACT
August 21st	6:00 PM	COF Annual Barbecue	Shevlin Park	
August 25th	8:30am - 4:00pm	Stream Sampling on Whychus Creek	Creekside Park, Sisters	Lauren Mork lmork@restorethedeschutes.org



Central Oregon Flyfishers
PO Box 1126
Bend, Oregon 97709